



Maintaining a high level of health and wellness will help you achieve your career and personal goals. This comprehensive wellness initiative is available free of charge to all Full-time State employees and pre-65 retirees **enrolled in one of our Group Health Insurance Programs.**

The State of Delaware has partnered with StayWell Health Management, a Minnesota based company that provides comprehensive health programs and services. The program provides opportunity and inspiration for employees to participate in a healthier life and work-style. Employees who participate in Dela**WELL** will receive health information, health screenings for early detection and prevention, and feedback that will assist in their personal wellness goals.

What is "DelaWELL"?

- A statewide comprehensive wellness program providing state employees access to:
 - **Confidential** Health Risk Assessment (HRA)
 - Personalized Lifestyle & Disease Management Coaching Programs
 - Online Health Resources (Health Education Centers, Wellness Library, Drug Database, Quizzes, Calculators, Recipes, Daily Health News, Quarterly Newsletter and Much More)
 - Onsite Health Seminars, Events & Activities
 - Communications/Newsletters/Incentives
 - Health Education Campaigns
 - Self-Care Resources & Programs
 - Health & Safety Education Resources
 - Unlimited Access to the StayWell HelpLine
- Dela**WELL** is designed to target individuals with modifiable lifestyle health risk factors, focused on long-term behavior change skills.
- Delivery options for personalized coaching include phone based, mail and online programs.
- The program will empower employees to live healthy lives while addressing the significant rise in healthcare costs.

Target Audience

- Approximately 40,000 state employees eligible for program, to include all full-time active merit and exempt agency employees, full-time employees in public education and higher education departments 01-95 and pre-65 retirees

Timeline

- April 1 – May 31 – **R.U. at RISK?** Health Risk Assessments available on-line or paper format
- May-June – incentive payments and participants receive HRA results and personalized health programs
- May 30, 2007 – Dover Dela**WELL** Run/Walk
- Ongoing events, campaigns and health information

Incentives

- Monetary reward for HRA completion (First 6,000)- \$75 pre-tax to state employees eligible for program within departments 01-95
- Health related prizes and special events (t-shirts, water bottles, pedometers, etc.)

Enhanced Program Components

- HRA participants with moderate-risk categories will be offered StayWell behavioral coaching
- HRA participants with high-risk categories will be offered services through Cardio-Kinetics that include biometric screening, exercise testing, physician referrals
- Dela**WELL** website, monthly events, on-site health seminars and campaigns

We recognize the importance of employee education as a means to enhance quality of life. Dela**WELL** will help you improve and maintain your overall health and well-being. Take advantage of this exciting new program and make this a healthy new year!

Need more information or have questions, please contact the Statewide Benefits Office at 1-800-556-6106 or e-mail the DelaWELL staff at Employee.Wellness@state.de.us

Visit our website at <http://ben.omb.delaware.gov/delawell/>